



The Billy & Spanner



PRESIDENT'S REPORT

Ray Storms

In the days and months that followed brother Firefighter Scott Fey's death, a group of retired San Jose firefighters came together and brainstormed solutions to support retired and active firefighters who are coping with post-traumatic stress and the emotional and physical pain that results from chronic work-related pain and injury. Too

many of our brothers and sisters have died by suicide over the years.

Retired members of the San Jose Fire Department, along with other local fire agencies, came together for the first time on September 21, 2022, to meet and come up with solutions to form an organized group we hope to call "*Firefighter Healing Firefighters.*"

At the second meeting, which took place on September 25, 2022, the scope of work, mission, and purpose was further developed in order to research forming a non-profit to raise funds in order to do the following:

1. Educate a team of retired and active peers in basic and advanced critical incident stress management training and related courses to gain the basic knowledge to support those in need.
2. Ensure funds are available to support firefighters who would benefit from attending "The IAFF Center for Excellence," West Coast Post Trauma Retreat," Wounded Warrior," or receive Advanced Therapy for those suffering from PTSD and other counseling and support wrap-around services.

A fire and police peer support team will be developed over the months to come, and a list will be made available as a point of contact for those seeking assistance. If you would like to be available on a peer list and receive future education, call me at the number listed below.

The Association is still pushing forward with the City to establish an Employee Assistance Program for retirees. The City has asked me for statistical information in regard to the number of members affected by PTSD. I have spoken to many of you who have called me looking for support because you are suffering. I thank you for trusting in me. I now ask you to trust me again. If you have been diagnosed with PTSD, or you are suffering from PTSD symptoms but have not been formally diagnosed, please call me.

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I'M DEAD. NOW WHAT?



The Association continues to give away this book.

A useful and helpful planner to give you peace of mind. It has important information about your belongings, business affairs, and wishes. It helps organize vital details about contacts, health and financial issues, etc.

Contact Walter Bugna at believe42218@earthlink.net if you want a copy. Please include your name, current phone and current mailing address in your e-mail.

HOW TO RECOGNIZE AND DEAL WITH ANGER AMERICAN PSYCHOLOGICAL ASSOCIATION

Submitted by Walter Bugna, VP of Fire

Anger is “an emotional state that varies in intensity from mild irritation to intense fury and rage,” according to Charles Spielberger, PhD, a psychologist who specializes in the study of anger. Like other emotions, it is accompanied by physiological and biological changes; when you get angry, your heart rate and blood pressure go up, as do the levels of your energy hormones, adrenaline, and noradrenaline.

People use a variety of both conscious and unconscious processes to deal with their angry feelings. The three main approaches are expressing, suppressing, and calming. Expressing your angry feelings in an assertive—not aggressive—manner is the healthiest way to express anger. To do this, you have to learn how to make clear what your needs are, and how to get them met, without hurting others. Being assertive doesn’t mean being pushy or demanding; it means being respectful of yourself and others.

People who are constantly putting others down, criticizing everything, and making cynical comments haven’t learned how to constructively express their anger. Not surprisingly, they aren’t likely to have many successful relationships.

People who are easily angered generally have what some psychologists call a low tolerance for frustration, meaning simply that they feel that they should not have to be subjected to frustration, inconvenience, or annoyance. They can’t take things in stride, and they’re particularly infuriated if the situation seems somehow unjust: for example, being corrected for a minor mistake.

Read more at:

<https://www.apa.org/topics/anger/control>

RETIREMENT FUND ENDS IN LOSS FOR FY 2022

From time-to-time we try to do our best to break down information regarding our retirement fund into talk regular-people speak. So, a quick refresher and update on the Fund’s performance for Fiscal Year 2022.

The retirement Board’s goal for investment performance is called the “Discount Rate.” For Fiscal Year 2022, the Board’s target remains at the lowered level of 6.63%. In our chart, we changed “Discount Rate” to “Target” to make it easier to understand.

Recall, investment returns drive the cost of the retirement benefits for actives and the City. As the Board steadily lowered the Discount Rate over the last ten years (previously was 8%), the rates the employees and City pay go up because the assumption is the investment returns will pay for less of the benefits. If the Plan exceeds the Discount Rate, contribution rates could go down, and/or the unfunded liability gap of the Plan is reduced. If the Plan underperforms, contribution rates could go up, and the unfunded liability gap will increase.

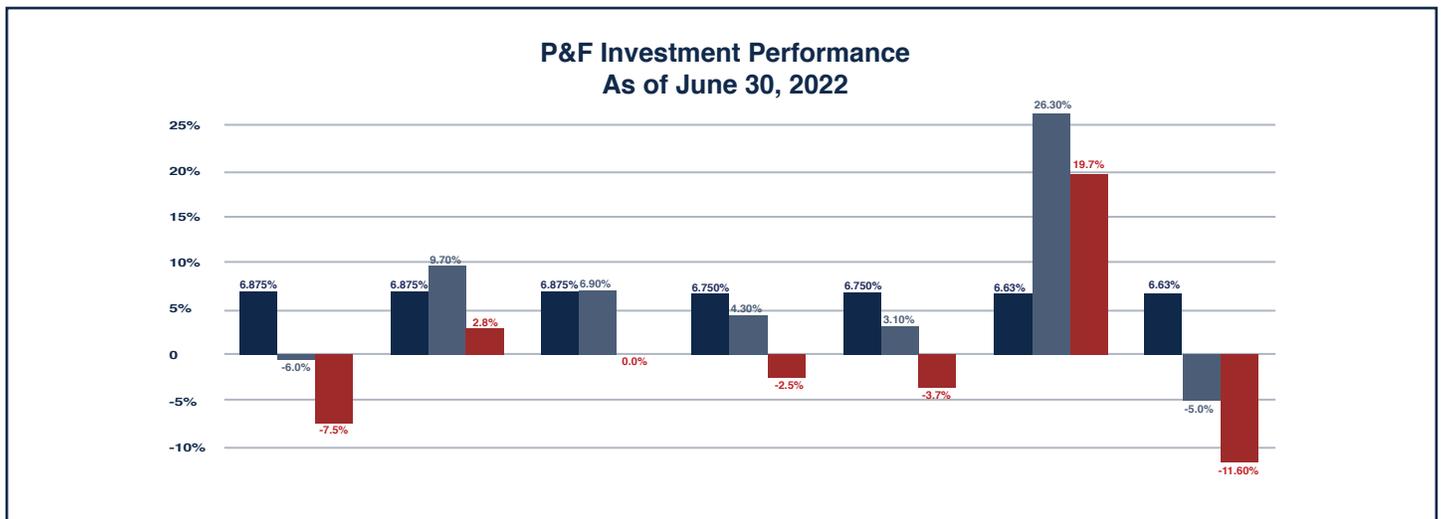
Looking at the most recent 5-year window, the plan has underperformed in 3 of the 5 years, exceeded once (last year) and met the goal once (2018). Last year the plan posted stellar results,

RETIREMENT FUND ENDS IN LOSS FOR FY 2022

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earning 26.03%, exceeding the goal by 19.7%. Given the condition of the market over the last year, it's no surprise that the plan underperformed for fiscal year 2022, losing 5% and missing the target by 11.6% (remember target is positive 6.63%).

Is this reason to worry? No. But it is a reminder that fund performance is critical and the income, earnings, costs and liabilities of the plan all must be viewed over the long-term horizon, not year to year.



PRESIDENT'S REPORT

(Continued from Pg. 1)

I am collecting numbers of individuals affected and **will not inform the City of any names or other identifying information of those who share their conditions with me.** I will be the only one to see your name and will never disclose any information other than the numbers. That is my promise to you.

I also need to gather a list of active and retired brothers and sisters who have died by suicide. If you have any information, please reach out to me at: **(510) 507-1136) or email raystorms@comcast.net**

Other Updates

Well, it seems everyone enjoyed the Folsom Bobby Burroughs Memorial BBQ. We had over 70 people attend. It was great to see everyone and to catch up with old friends. There was a hiccup on the vendor for catering, my fault; they thought the event was canceled. Thanks to Round Table Pizza, they came to the rescue with 13 XL pizzas to save the day. I was reminded by more than a few members that it is not about the food but the gathering of friends.

Moving?

Remember, if you are planning on moving, contact retirement services to check if your insurance covers the Zip Code you might be moving to. Even if there is a Kaiser in the area, we might not belong to that Kaiser. It had happened before. People did not look into it as the Kaiser was a block away, and San Jose was not included. The same goes for Anthem HMO.



ASSOCIATION
OF RETIRED SAN JOSE
**POLICE OFFICERS
& FIREFIGHTERS**

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visit our website:
www.retiredsjpoff.org

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ASSOCIATION MEETINGS

Join us on Thursday, October 13, 2022, at 11 AM at the SJPOA Hall for our next meeting. Lunch begins at 11 AM and the business portion will begin at 11:30 AM for those joining by Zoom.

The SJPOA Hall is located at 1151 N 4th St, San Jose, CA 95112. Check your emails for updates if you want to attend via Zoom.

RETIREMENTS

Greg C. Connolly, Police Sergeant, 2022; 25.03* years of service.

Barbara S. Fujii, Police Officer, 25.57 years of service.

Elias Juric, Police Officer, 27.32* years of service.

Robert E. Lalonde, Police Sergeant, 25.96* years of service.

TJ Lewis, Police Sergeant, 27.73* years of service.

Ronnie A. Lopez, Police Sergeant, 26.96* years of service.

Brian J. Meeker, Police Officer, 26.49* years of service.

Kendra L. Nunes, Police Lieutenant, 30.03* years of service.

Jeffrey A. Guy, Police Officer, 23.29* years of service.

CONDOLENCES

Retired Assistant Police Chief **Fred Abram** #1033 passed away September 19, 2022.

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